



Sign-up Now!

TABATA High Intensity Program

Dumbbells will be offering a powerful new 30-minute High Intensity Interval Training exercise program called Tabata. Sometimes referred to as “Momentum Training for Sport Performance, Health & Fitness”, the Tabata High Intensity Interval Training format is designed to provide maximum results in a fun, simple and challenging setting.

What is Tabata?

Tabata is a high-intensity training regimen that produces remarkable results. The workout protocol is an interval training cycle of 20 seconds of maximum intensity exercise followed by 10 seconds of rest, repeated 8 times without pause for a total of four minutes. There are usually 6 intervals of 4 minutes in a 30-minute class. The intervals challenge both aerobic and anaerobic energy systems. The goal is to complete as many reps during the 20 seconds which is always followed by a 10 second rest.

Participants can expect to:

- *Burn 300 + calories in 30-minutes*
- *Improve the way the body moves and feels*
- *Decrease body fat*
- *Increase metabolism*
- *Increase energy & endurance*
- *Improve cardiovascular performance*

The program will be taught by Dumbbells Fitness professional Jodilyn Stuart. All participants must be in good health, bring water and eat a snack within 90 minutes of the workout.

**Enrollment is limited. Classes at Dumbbells Too, Monday & Wednesday; 11:45 -12:15.
Cost for six-week class is \$100 per person. Call (720) 836-4760 for Details.**

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or call Dumbbells at (303) 592-7700.